



## Training Preparations for a Try Out

- The running distance goal of the Category I is to work up to 16 miles per week.
- After you have achieved this goal, you will be ready to tackle the Category II goal of 30 miles per week.

### CATEGORY I

- Week 1 Monday, Wednesday, Friday
  - 2 miles per day, 8:30 pace
  - 6 miles/week
  - Sets of Repetitions
  - 4 x 15 Push-ups
  - 4 x 20 Sit-ups
  - 3 x 3 Pull-ups
  - Swim continuously for 15 minutes or Elliptical/Bike

#### Week 2 Monday, Wednesday, Friday

- 2 miles per day, 8:30 pace
  - 6 miles/week
  - 5 x 20 Push-ups
  - 5 x 20 Sit-ups
  - 3 x 3 Pull-ups
  - Swim continuously for 15 minutes

Week 3 No running. High risk of stress fractures

- 5 x 25 Push-ups
  - 5 x 25 Sit-ups
  - 3 x 4 Pull-ups
  - Swim continuously for 20 minutes

Week 4 Monday, Wednesday, Friday

- 3 miles per day
  - 9 miles/ Week
  - 5 x 25 Push-ups
  - 5 x 25 Sit-ups
  - 3 x 4 Pull-ups
  - Swim continuously for 20 minutes

Week 5 *Monday - 2 mi, Tuesday - 3 MI, Thursday - 4 MI, Friday - 2 MI*

11 miles Week

- 6 x 25 Push-ups
- 6 x 25 Sit-ups
- 2 x 8 Pull-ups
- Swim continuously for 25 minutes

Week 6 Monday - 2 MI, Tuesday - 3 MI, Thursday - 4 MI, Friday - 2 MI

11miles week

- 6 x 25 Push-ups
  - 6 x 25 Sit-ups
  - 2 x 8 Pull-ups
  - Swim continuously for 25 minutes

Week 7 Monday - 4 MI, Tuesday - 4 MI, Thursday - 5 MI, Friday - 3 MI

16 miles/week

- 6 x 30 Push-ups
- 6 x 30 Sit-ups
- 2 x 10 Pull-ups
- Swim continuously for 30 minutes

Week 8 Monday - 4 MI, Tuesday - 4 MI, Thursday - 5 MI, Friday - 3 MI

16 miles/week

- 6 x 30 Push-ups
- 6 x 30 Sit-ups
- 2 x 10 Pull-ups
- Swim continuously for 30 minutes

Week 9 Monday - 4 MI, Tuesday - 4 MI, Thursday - 5 MI, Friday - 3 MI

16 miles/week

- 6 x 30 Push-ups
- 6 x 30 Sit-ups
- 3 x 10 Pull-ups
- Swim continuously for 35 minutes

Ø For best results, alternate exercise. Do a set of push-ups, then a set of sit-ups, followed by a set of pull-ups? Do not rest between sets.

Ø If you have access to a pool, swim as often as possible.

Ø Your initial work-up goal is 4-5 days per week and 200 meters distance per session.

Ø Develop your sidestroke on both right and left sides.

Ø Try to swim 50 meters in one minute or less.

Ø If you DONT have access to a pool, ride a bicycle for twice as long as the recommended swim duration.

## **RUNNING SCHEDULE**

Week 1 M/Tu/Th/F/Sa

Monday - 3 mi, Tuesday - 5 MI, Thursday - 4 MI, Friday - 5 MI, Saturday - 2 MI

· 19 miles/week

Week 2 M/Tu/Th/F/Sa

Monday - 3 MI, Tuesday - 5 MI, Thursday - 4 MI, Friday - 5 MI, Saturday - 2 MI

· 19 miles/week

Week 3 M/Tu/Th/F/Sa

Monday - 4 MI, Tuesday - 5 MI, Thursday - 6 MI, Friday - 4 MI, Saturday - 3 MI

· 22 miles/week

Week 4 M/Tu/Th/F/Sa

Monday - 4 MI, Tuesday - 5 MI, Thursday - 6 MI, Friday - 4 MI, Saturday - 3 MI

· 22 miles/week

Week 5 M/Tu/Th/F/Sa

Monday - 5 MI, Tuesday - 5 MI, Thursday - 6 MI, Friday - 4 MI, Saturday - 4 MI

· 24 miles/week

Week 6 M/Tu/Th/F/Sa

Monday - 5 MI, Tuesday - 6 MI, Thursday - 6 MI, Friday - 6 MI, Saturday - 4 MI

· 27 miles/week

Week 7 M/Tu/Th/F/Sa

Monday - 6 MI, Tuesday - 6 MI, Thursday - 6 MI, Friday - 6 MI, Saturday - 6 MI 30 miles/week

- For Weeks 8 and beyond, you need not increase the distance of your runs. Instead, work on the speed of your 6-mile runs with an eye toward decreasing your time to [7:30](#) per mile or less.
- If you wish to increase the distance of your runs, **DO SO GRADUALLY**. Do not increase your distance more than one mile per day for every week beyond Week 9.

## CATEGORY II

Ø Monday, Wednesday, Friday

Ø Sets of Repetitions

Week 1 6 x 30 Push-ups

6 x 35 Sit-ups

3 x 10 Pull-ups

3 x 20 Dips

Week 2 6 x 30 Push-ups

6 x 35 Sit-ups

3 x 10 Pull-ups

3 x 20 Dips

Week 3 10 x 20 Push-ups

10 x 25 Sit-ups

4 x 10 Pull-ups

10 x 15 Dips

Week 4 10 x 20 Push-ups

10 x 25 Sit-ups

4 x 10 Pull-ups

10 x 15 Dips

Week 5 15 x 20 Push-ups

15 x 25 Sit-ups

4 x 12 Pull-ups

15 x 15 Dips

Week 6 20 x 20 Push-ups

20 x 25 Sit-ups

5 x 12 Pull-ups

20 x 15 Dips

Ø By performing high-repetition workouts, muscle fatigue will gradually take longer to develop.

Ø For best results, alternate exercises each set to rest affected muscle groups for a short period.

Ø Once you've met Categories I and II running you may vary your exercise program with the pyramid and swimming workouts below.

## **CATEGORY II SWIMMING SCHEDULE**

(4-5 days per week)

Week 1 Swim continuously for 35 minutes

Week 2 Swim continuously for 35 minutes

Week 3 Swim continuously for 45 minutes with fins

Week 4 Swim continuously for 45 minutes with fins

Week 5 Swim continuously for 60 minutes with fins

Week 6 Swim continuously for 75 minutes with fins

Ø Your goal is to swim 50 meters in 45 seconds or less.

Ø 50 meters = 55yards

### **Pyramid Workouts**

You can apply the pyramid method to any exercise. The object is gradually to build towards a target, then ease down to the level at the workout start. For instance, pull-ups, sit-ups, and push-ups can be alternated as in previous workouts. But with the pyramid workout, choose a numerical goal and build up to it. In the sample table below, each number counts as a set. Work your way up and down the pyramid. The sample goal below is five sets.

### **SAMPLE PYRAMID WORKOUT**

Goal: 5 Sets

Number of Repetitions

Pull-ups 1, 2, 3, 4, 5, 4, 3, 2, 1

Push-ups 2, 4, 6, 8, 10, 8, 6, 4, 2

(2 x number of pull-ups)

Sit-ups 3, 6, 9, 12, 15, 12, 9, 6, 3

(3 x number of pull-ups)

Dips 1, 2, 3, 4, 5, 4, 3, 2, 1

Stretch PT

Since Monday, Wednesday, and Friday are devoted to PT, dedicate at least 20 minutes on Tuesday, Thursday, and Saturday to stretching. Always stretch for at least 15 minutes before beginning any workout. Just stretching the previously worked muscles will make you more flexible and less likely to get injured.

Ø Start your stretch at the top of your body and work downward. Stretch every muscle in your body from neck to calves, concentrating on your thighs, hamstrings, chest, back, and shoulders.

Ø Stretch to tightness, not to pain. Hold the stretch for 10-15 seconds. DO NOT BOUNCE